



# NOTHING TO HIDE

CNN ANCHOR ANDERSON COOPER SAYS HE DOESN'T WANT ANYONE TO THINK HE WAS ASHAMED OF BEING GAY PAGE 16



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Tuesday, July 3, 2012



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# The bottom line is — spanking hurts: Study

**Punishment.** Canadian researchers say there's a link between spanking and mental-health disorders in adults

A spanking may hurt a child's bottom now, and their mind later on.

Childhood spanking and other forms of harsh physical punishment can increase the chances of developing mental health disorders in adulthood, according to a newly released pediatrics study conducted at the University of Manitoba.

"It contributes to the growing body of literature that indicates there are harmful consequences to the use of physical punishment," said the study's lead author, Tracie

### Reasonable force

Though spanking is illegal in more than 30 countries, including Sweden and Costa Rica, it is still legal in Canada.

- Section 43 of the Criminal Code states that a parent is justified in using force toward a child between the ages of 2 and 12, if the force is reasonable.
- It's considered abuse if an instrument is used, the head is struck or if it leaves any marks.

Affi, an assistant professor at the University of Manitoba in the department of community health sciences. The study accounts for many of the con-

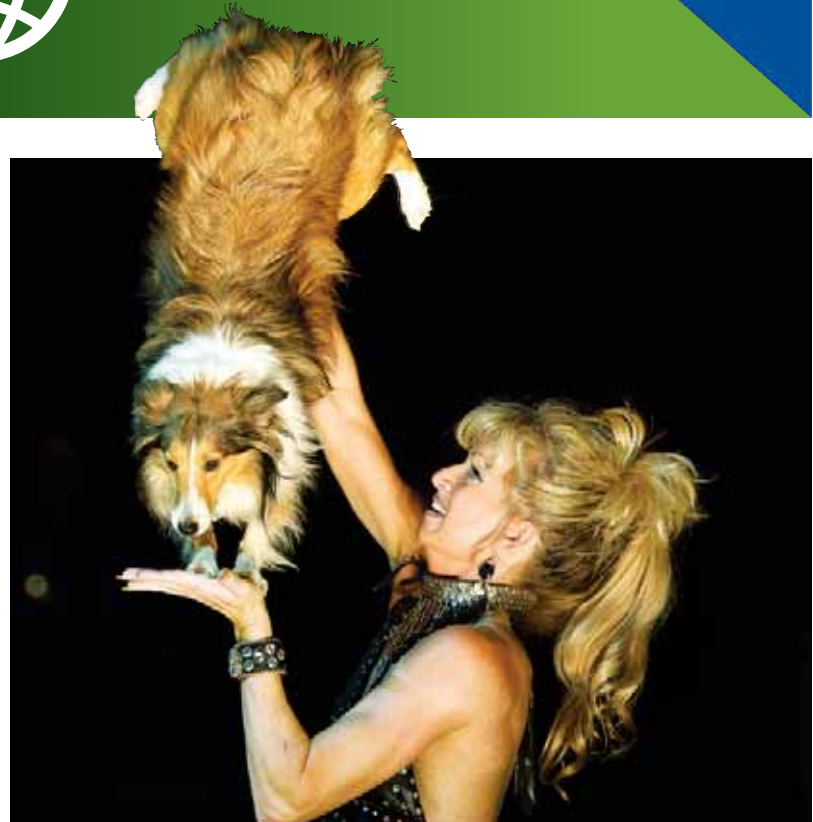
found factors in past research, she said, like having a history of family dysfunction.

The authors estimate that eliminating childhood physical punishment could reduce the incidence of some mental-health disorders in adults by up to seven per cent.

They defined corporal punishment beyond the traditional spank on the bum to include pushing, grabbing, slapping and hitting, but excluded all forms of severe child abuse.

"This is what most of us would consider within the realm of OK, and I think parents really, really have to start looking at how they teach their children," said Diane Sacks, an assistant professor of pediatrics at the University of Toronto and former president of the Canadian Paediatric Society.

**TORSTAR NEWS SERVICE**



## A BALANCED DUET

Aerial artist Neecha Braun performs with one of her dogs during the Shrine Circus show at Woodbine Shopping Centre on Monday. The event, which features numerous acts under the big top but also gives kids a chance to ride elephants, is one of the largest fundraising events put on by the Shriners every year. It is in town until July 8. **CARLOS OSORIO/TORSTAR NEWS SERVICE**

### Aid workers safe and sound

A Toronto man was one of four people kidnapped at gunpoint in Kenya PAGE 6

### Church group to pay for abuse

A U.S. court orders Jehovah's Witnesses authority to pay \$25M in sex-abuse lawsuit PAGE 10

### Who will have custody of Suri?

Katie Holmes reportedly does not want her daughter raised a Scientologist PAGE 18

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## Humid highs here to stay

Casa Loma is seen behind Josh Berger as he makes a catch while Eric Chisholm tries to defend during a game of Ultimate Frisbee at the St. Clair Reservoir park in Toronto Monday. It looks like we are going to stay in a very warm and humid air mass for the rest of the week, with a high of 34 C forecast for Friday. PAWEL DWULIT/TORSTAR NEWS SERVICE

## Labour. WSIB rules unfair to injured migrant workers, critics say

Jeleel Stewart's left hand was crushed and permanently damaged in a 2008 workplace accident at a Niagara nursery.

The migrant farm worker returned to Jamaica but continued his treatment there under Ontario Workplace Safety and Insurance Board (WSIB) coverage.

When doctors determined his hand would not heal to allow him to do farm work again, the board ended his benefits, deeming he could use his other hand to work as a gas-bar cashier — in the Niagara area.

Commonly known as "deeming," the practice, introduced in 1990, is used by WSIB to justify the reduction and elimination of compensation to injured workers by identifying alternative jobs available in the area where the person previously worked. The practice is common in all provinces.

While deeming is problematic for most permanently in-

### By the numbers

# 300,111

The number of temporary foreign workers in Canada, mostly in Ontario, Alberta and B.C.

jured workers in Ontario, critics say it is outright unfair to apply it to migrant workers because neither those jobs nor retraining opportunities are available in their home countries.

Injured migrant workers, often sent back home, are unlikely to get a work visa to return to do the lighter jobs filled by Canadians.

"There is a significant population of migrant workers who face this set of rules designed for Canadian citizens," said Prof. Janet McLaughlin of Wilfrid Laurier University, an expert on migrant worker issues. "It is high time to have those rules re-examined."

TORSTAR NEWS SERVICE



NEWS

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**Don't sweat it: A case for 'Made in Canada'**

Domestic manufacturing is in long-term decline in Canada, but some Canadian companies have found a way not only to survive, but to thrive: A "Made in Canada" label. Hear the case for and against Canadian manufacturing from two business owners, and cast your vote at metronews.ca.

Mobile news



Next Media Animation, which first leapt to the world's attention with a cartoon version of Elin Nordegren going after Tiger Woods with a golf club, has just released a one-minute film illustrating BlackBerry maker RIM's troubles. Scan the code to watch the video and read the full story.

# Slow but steady progress for Union Station facelift

**Transit.** City is on track to have renovations complete by 2015

Officials say that the massive renovations to the Union Station hub and train shed, used by GO Transit and Via Rail, are well underway and the glass atrium at the train shed is due for completion in 2014, ahead of the Pan Am Games.

Most have long agreed a facelift for Union Station has been overdue as commuter

### About the GO Transit train shed

- The roof covers more than 35,000 square metres; 30,000 square metres will be restored or replaced, and 5,000 square metres will be taken out to put in a glass atrium.
- A portion of the roof over Tracks 1 and 2 will be restored to its 1930s appearance.
- 40,000 people pass through the shed during its busiest hour, 7:30 to 8:30 a.m.
- 200,000 people use GO Transit through Union Station every weekday.

traffic in the GTA becomes increasingly gridlocked.

Work moves slowly, though,

said Michael Wolczyk, acting vice-president of capital infrastructure for GO Transit,

as planners must co-ordinate between the three parties in the renovations — Metrolinx, which owns GO, the city and the TTC — and keep Union Station, the busiest passenger hub in Canada, in operation.

"We can only take a small part of it out of service at any time," said Wolczyk.

The city owns Union Station below the train platforms and above the subways. It's primarily working on digging down to make room for future concourse space and a larger retail area, said principal project engineer Rick Tolkunow. The city

unveiled the Panorama Lounge earlier this year.

"Everything else is basically a work in progress," said Tolkunow.

TTC project manager Malcolm MacKay said work on a second subway platform — which is responsible for the current bomb-shelled appearance of Front Street — is still slated for completion in 2014. And about those barriers seemingly blocking you every which way you turn? They may change places, but they won't be going away.

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# Gr. 9 student amasses 'pencil mountain' for kids in Ethiopia

**Charity drive.** Since 2005, Hannah Godefa has collected more than 400,000 pencils to help children who don't have school supplies

On her first trip to her parents' native Ethiopia, Hannah Godefa became friends with kids at her grandparents' rural home in Axum.

When told she couldn't be their pen pal because they didn't have pencils and paper to write her, Godefa returned home and began collecting pencils for her new friends.

She launched a drive at her then school, Divine Mercy Catholic Elementary in Maple, and approached local churches and businesses for donations.

Since the inception of her campaign in 2005, Godefa, now 14, has collected more than 400,000 pencils and delivered two shipments to schools in Axum.

In two weeks, the Grade 9 student from Markham's St. Elizabeth Catholic High School will travel to Ethiopia to deliver science books and other school supplies.



Hannah Godefa has collected more than 400,000 pencils and other school supplies for children in Ethiopia. CONTRIBUTED

"It's really amazing," said Godefa, who has just been honoured with the Queen's Diamond Jubilee Medal for her volunteer efforts. "For you and me, a pencil is not a big deal, but it makes a big difference to the education of these children in Ethiopia. How is a child expected to learn when there's no pencil or supplies?"

Godefa's Pencil Mountain campaign has inspired many,

including a 10-year-old girl who donated her \$150 birthday money and elderly members at Godefa's local parish who emptied their coin purses weekly to raise money for supplies.

Her campaign's success surprised not only her but then principal Opiyo Oloya at Divine Mercy, who was initially hesitant about the idea.

"But Hannah was a very

persistent young person and you just can't say no to her. And soon pencils started coming in to the school by boxes, and it went on and on," recalled Oloya, now a superintendent of education with the York Catholic District School Board.

"She is a tiny girl with the biggest smile. While other young people may be passionate about something and want

**High-profile helper**

- On her last trip to deliver the donations in 2011, Godefa became somewhat of a celebrity, invited to meet with government officials in the Ethiopian parliament and interviewed by local media before being appointed the country's Youth and Goodwill Ambassador.

- In the last year, Godefa has focused on collecting books about science and technology for high school students as basic education needs are better met in Ethiopia.

- She has launched a website and is registering the Hannah Godefa Foundation as a charity.

to help out, Hannah brings leadership to make it happen.

"Hannah has taught me a lot as a principal," said Oloya. "As young as she is, kids can make a difference. I'm so proud of her."

TORSTAR NEWS SERVICE

## Place your bids — these deals are a steal

He calls it the eternal garage sale. From his warehouse near Jane Street, Mike Hyde goes into the back room and brings out a decoy goose, an antique phone, and a Burberry watch.

The collection of items is mysterious. Were they part of a crime scene? Stolen? Left on a streetcar?

"We stopped asking a long time ago," Hyde says.

Hyde is the founder of Police Auctions Canada. This 20,000-square-foot warehouse is the temporary holding cell for evidence cleared for resale, and lost and found items on their way to a new life with the highest online bidder.

Hyde started the business

**Quoted**

"Everybody thinks I make a fortune, but it's a lot of work. It takes just as much to sell a \$3 item as a \$10,000 item, and you try to do the best job regardless of what the item is." Mike Hyde of Police Auctions Canada

seven years ago and now has individual contracts with the TTC and different police services — Toronto, Hamilton, Halton, Owen Sound, Barrie, and St. Thomas. Hyde and his team pick up the items and after a sorting process, they are put up for sale at policeauctionscanada.com. He keeps a commission based on

total sales.

"Everybody thinks I make a fortune, but it's a lot of work," he says. "It takes just as much to sell a \$3 item as a \$10,000 item, and you try to do the best job regardless of what the item is."

The TTC is the source for much of the website's selection of electronics, sporting

equipment, books and new clothing, says Victor Buttigieg, the supervisor at TTC lost property. Many of the items were left on the TTC in shopping bags and unclaimed during the two- to three-month waiting period. All personal information is cleared from electronics.

In 2011, the TTC took home \$25,800 from the partnership with Hyde's company. "My main goal is to attempt to give everything back," says Buttigieg.

"In my eyes, if I don't have as much revenue, that means more people are getting their stuff back. It makes me happy." TORSTAR NEWS SERVICE



Mike Hyde poses with some of the goods he auctions for the TTC and police forces around the GTA. RICHARD LAUTENS/TORSTAR NEWS SERVICE

**Holiday violence**



Police conduct interviews Sunday night near Woodbine Beach, after a man was shot during a Canada Day fireworks display. RICHARD LAUTENS/TORSTAR NEWS SERVICE

### Fatal accidents, shootings mar long weekend

Mayhem on the waterways and bloodshed in the streets kept emergency crews busy in Toronto and across Ontario over the Canada Day long weekend.

Two motorcyclists died in separate accidents Sunday morning and fire destroyed one house in Milton, damaging another.

A string of shootings across the GTA left one man dead and three people wounded, while at least five people are believed to have drowned across the province.

Dennis Alexander, 25, of Toronto, was attending a party at a townhouse complex in Malton, just north of Pearson International Airport, when he was shot and killed around 2 a.m. Sunday. Police are interviewing other attendees at the party in an effort to solve Peel Region's seventh homicide of this year.

Those wounded by gunfire over the weekend include a man who was shot in the chest near Woodbine Beach around 10:30 p.m. Sunday, as thousands watched Canada Day fireworks. He was stabilized in hospital, as was a man shot at a party near Finch Avenue West and Keele Street around 1:20 a.m. Monday.

But the biggest hazard in Ontario this weekend was the water. Victims included two Toronto-area men who drowned in Niagara Falls and Peterborough respectively on Sunday afternoon.

TORSTAR NEWS SERVICE

**Witnesses sought**

### Elderly woman struck by taxi

An elderly woman is in hospital with life-threatening injuries after she was struck by a taxi at Finch Avenue West and Martin Grove Road Sunday evening. Police are asking witnesses to come forward. At least six elderly pedestrians alone have died this year after being struck by cars, compared to two at this time last year.

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Dismemberment case

Found remains could be linked to Magnotta

Montreal police are investigating whether remains found in a city park are linked to alleged killer Luka Rocco Magnotta.

A police source told the Associated Press the remains appear to be a human head.

Magnotta, 29, is accused of the murder and dismemberment of Concordia University student Jun Lin. He has pleaded not guilty and has opted for a trial in front of a jury.

Lin's torso was discovered stuffed in a suitcase behind Magnotta's apartment building in late May. His hands and feet were mailed to political parties in Ottawa and two B.C. schools.

His head has still not been found.

Montreal Police spokeswoman Anie Lemieux says tests will be run on the remains to determine if they are in fact body parts and whether they're related to the Magnotta case.

THE CANADIAN PRESS

# Kidnapped aid workers rescued by Somali militia

**Ambushed.** Norwegian Refugee Council workers' convoy was attacked by gunmen

Four aid workers, including two Canadians, kidnapped at gunpoint from Kenya's largest refugee camp arrived back in Kenya's capital aboard a military helicopter on Monday after a pro-government Somali militia group rescued the four inside Somalia.

"We are alive and we are happy this has ended," Qurat-Ul-Ain Sadazai of Gatineau, Que., one of the Canadian workers, said after the group landed in Nairobi.

The four workers from the Norwegian Refugee Council smiled and waved after stepping out of the helicopter.

Among them was Steven Dennis of Toronto, the agency's head of operations in Kenya's sprawling Dadaab refugee camp.

Sadazai and Dennis, along

**Bad decision?**

- A Kenyan police commander said the aid group originally arranged to have armed security but that the group cancelled the security arrangements at the last minute.

- "Convoys which have these armed escorts ... (are) more likely to be attacked by roadside bombs," said an NRC spokesman.


with Astrid Sehl, 33, and Glenn Costes, 40, were lucky to be alive. Their Kenyan driver, Abdi Ali, was killed when four gunmen attacked their two-vehicle convoy on Friday.

A representative with the Ras Kamboni militia in Somalia said his group heard of Friday's attack and pursued the kidnapers. Ras Kamboni fighters caught up with the gunmen on Monday morning, about 60 kilometres inside Somalia.

THE ASSOCIATED PRESS



Released aid workers Qurat-Ul-Ain Sadazai, 38, a Quebec citizen of Pakistani origin, Glenn Costes of the Philippines, 40, Steven Dennis of Toronto, 37, and Astrid Sehl of Norway, 33, arrive in Nairobi, Kenya Monday. SAYYID AZIM/THE ASSOCIATED PRESS




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This course examines the role of mediation and pre-trials in settling litigated disputes in the Ontario Small Claims Court and the Ontario Superior Court of Justice.

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**ADR. 504 70– Advocacy Skills for ADR Professional**  
Wednesday, Sept. 5 – Dec. 17 (45 hours) | 4:20 pm - 6:55 pm

An introduction to advocacy skills, this course will focus on students gaining the public speaking skills required for the role as a conflict resolution professional.

**ADR. 505 70– Community Mediation**  
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## Watchtower verdict. Lawsuit alleged church didn't put a stop to abuse

Candace Conti says the abuse began when she was nine years old, distributing Bibles door to door with a fellow congregant, a hulking, loud man named Jonathan Kendrick.

It was the mid-1990s in Fremont, Calif. Conti's parents were having marital problems and her mother was sick and distracted. So the little girl found family in her tight-knit Jehovah's Witness congregation — and Kendrick found a victim.

For two years, Conti says, the man repeatedly molested her at religious gatherings, most frequently when she went out with Kendrick to proselytize. When he hugged her, she was afraid of being crushed.

"I was very scared," Conti, now 26, told Torstar News Service from California.

She later learned she was not Kendrick's first victim and sued the Watchtower Bible and Tract Society of New York — the corporation that oversees the Jehovah's Witnesses — alleging that church leaders, called elders, knew Kendrick had previously abused another girl and did nothing to protect her.

Her lawsuit alleged the church allowed her molestation and even had a policy, dating to 1989, that instructed elders to keep accusations of child sex abuse secret.

In a landmark ruling in mid-June, a California jury sided with Conti, ordering the Watchtower to pay nearly \$25 million in damages and Kendrick to pay more than \$3 million.

**TORSTAR NEWS SERVICE**

**Congregation reaction**

The Watchtower did not return a request for comment from Torstar News Service. But Jim McCabe, a lawyer for the organization, said in a statement following the Conti verdict that Jehovah's Witnesses "respectfully disagree with the jury's decision." "This is the first time that an organization was found responsible for the alleged misdeeds of a member who held no position of leadership or authority," the statement said. "We are very sorry for whatever harm this young lady may have suffered. However, the organization is not responsible."



## For the love of the game

Spain's national football team celebrates with the UEFA Euro 2012 trophy on a double-decker bus during the squad's victory parade in Madrid, Spain, Monday. Spain beat Italy, 4-0, in the tournament final in Kiev, Ukraine, on Sunday. PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES



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# The 'God particle' does exist: Scientists

**Higgs boson particle.** Scientists to announce Wednesday that the particle which might explain the underpinnings of the universe is real

Scientists believe the "God particle" is real and they are about to present their evidence to the world.

Working at the world's biggest atom smasher on the Swiss-French border, they plan to announce Wednesday that they have gathered enough evidence to show that the long-sought "God

particle" answering fundamental questions about the universe almost certainly does exist.

But after decades of work and billions of dollars spent, researchers at the European Organization for Nuclear Research, or CERN, aren't quite ready to say they've "discovered" the particle.

The discovery of the Higgs boson won't change people's lives, but will help explain how the universe works.

It would confirm the standard model of physics that explains why fundamental particles have mass. Those particles are the building blocks of the universe. Mass is a trait that combines with

**Close — but take the cigar**

**"Particle physicists have a very high standard for what it takes to be a discovery."**

Rob Roser, who leads the search for the Higgs boson in Chicago, said he thinks this is a hair's breadth away. "You see the footprints and the shadow of the object, but you don't actually see it."

gravity to give an object weight. The phrase "God particle," coined by Nobel Prize-winning physicist Leon Lederman, is used by laymen as an explanation for how the wonders of the subatomic universe work than how it all started.

Experts familiar with the research at CERN's vast complex say that the massive data they have obtained will essentially show the footprint of the key particle known as the Higgs boson — all but proving it exists — but doesn't allow them to say it has actually been glimpsed.

Two teams of physicists present their work July 4.

The Higgs boson has until now been a concept intended to explain a riddle.

How were the subatomic particles, such as electrons, protons and neutrons, themselves formed? What gives them their mass?

THE ASSOCIATED PRESS



This wall painting shows what a Higgs boson might look like. It's at the CERN site near Geneva. ANJA NIEDRINGHAUS/THE ASSOCIATED PRESS

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## Pope. Benedict fires Slovak bishop, more proactive now in axing wayward prelates

The Pope fired a 52-year-old Slovak bishop on Monday for apparently mismanaging his diocese in a rare show of papal power over his bishops.

Usually when bishops run into trouble — either for alleged moral lapses or management problems — they are persuaded by the Vatican to resign. But Pope Benedict XVI has become increasingly willing to forcibly remove bishops who refuse to step down, sacking three others in the last year alone.

His willingness to do so raises questions about whether he would take the same measures against bishops who covered up for sexually abusive priests. So far he has not.

In the most notable case

**Double standard?**

**"They will remove, using their canon laws and their own protocols, bishops, priests ... but when it comes to sexual misconduct, they never use those same standards."**

Jeffrey Anderson, who is seeking to hold the Holy See liable for a case of an abusive priest in Oregon.

to date, Benedict fired Bishop William Morris of Toowoomba, Australia, last year after he called for the church to consider ordaining women and married men.

THE ASSOCIATED PRESS



## Prince Charles 60 years a duke

Prince Charles looks at postcards on sale during a visit to Heartlands Community Regeneration Project in Truro, southwest England, on Monday. The Prince of Wales is celebrating 60 years as the Duke of Cornwall. CHRIS JACKSON/THE ASSOCIATED PRESS

**Necrotizing fasciitis**

### Flesh-eating disease victim seeks graduation

An American woman with a rare, flesh-eating disease left hospital Monday after nearly two months and headed to an inpatient rehabilitation clinic.

There she'll learn to move after having her left leg, right foot and both hands amputated.

Aimee Copeland, 24, a graduate student in psychology, was diagnosed with the infection after she suffered a deep cut on May 1.

Copeland's goal is to graduate from the University of West Georgia.

Her speedy recovery has defied doctors' prognosis. At first they gave her slim chance of surviving.

THE ASSOCIATED PRESS

**Washington state**

### Kangaroo escapes from private owner

Startled drivers weren't seeing things — it really was a kangaroo hopping down the highway in Washington state.

Its owner tracked it down and caught it, with the help of friends.

He also has a zebra. The man lives in a part of the state where it's legal to own exotic pets.

The meandering marsupial nearly caused a couple of accidents Saturday.

Police responded, keeping the kangaroo off the road while it was tracked down.

THE ASSOCIATED PRESS



# U.S. East Coast still reeling

**Mid-Atlantic region.** After suffering through sweltering weekend, millions must cope with transportation delays, difficulties

A weekend without electricity was already trying for millions in the sweltering, storm-swept U.S. mid-Atlantic region. But Monday morning brought another challenge when many embarked on a difficult commute over roads with darkened stoplights and mass-transit delays.

To alleviate congestion around Baltimore and Washington, federal and state officials gave many workers the option of staying home Monday. Federal agencies

were open in Washington, but non-emergency employees had the option of taking leave or working from home. Maryland's governor also gave state workers leeway for staying out of the office.

There were more than 500 signal outages in Maryland on Sunday afternoon, including more than 400 in hard-hit Montgomery County outside the nation's capital, according to the State Highway Administration. There were 100 signal outages in northern Virginia late Sunday afternoon, and 65 roads were closed, although most were secondary roads.

"If you have to drive or need to drive, leave yourself a lot of extra time," Maryland Highway Administration spokesman Charlie Gischar said. "There's going to be delays." **THE ASSOCIATED PRESS**



U.S. Postal Service letter carrier Giovanni Alvarez delivers mail on Monday to a house damaged by an uprooted tree after a storm in Washington, D.C. Severe weather that hit the U.S. mid-Atlantic region on Friday has been blamed for at least 17 deaths, most from trees falling on homes and cars. EVAN VUCCI/THE ASSOCIATED PRESS

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## Floods submerge much of state



A family rows past their house in India's Assam state Monday after monsoons left much of the area deeply flooded. ANUPAM NATH/THE ASSOCIATED PRESS

The worst monsoon floods in a decade to hit a remote northeastern Indian state have killed more than 80 people and forced around 2 million to leave their homes, officials said Monday.

Nearly half a million people are living in relief camps that have been set up across Assam state, Prime Minister Manmohan Singh told journalists in Gauhati, Assam's capital. The rest of the 2 million displaced have moved in with relatives or are living in the open, sheltering under tarpaulin sheets.

Assam officials say 81 people have been killed over

the past four days. Most of them were swept away when the mighty Brahmaputra River overflowed its banks and flooded villages. Sixteen people were buried in landslides triggered by the rains.

At least 11 people were missing in six districts, the state disaster management agency said in its bulletin.

Air force helicopters were dropping food packets and drinking water to marooned people, Singh said after surveying the flood-hit districts.

Army soldiers used boats to rescue villagers from rooftops of flooded homes.

**THE ASSOCIATED PRESS**

### Syria

#### Exiled opposition urged to unite

The head of the Arab League urged Syria's exiled opposition to unite Monday, saying they must overcome their differences as Western efforts to force President Bashar Assad from power all but collapse.

But more than one year into the Syrian revolt, the opposition is still hobbled by the infighting and fractiousness that have prevented the movement from gaining the kind of political traction it needs to present a credible alternative to Assad.

**THE ASSOCIATED PRESS**

### Timbuktu

#### Muslim fanatics destroying city

Muslim extremists continued destroying the heritage of the ancient Malian city of Timbuktu on Monday, razing tombs and attacking the gate of a 600-year-old mosque, despite growing international outcry.

The International Criminal Court has described the destruction of the city's patrimony as a possible war crime, while UNESCO's committee on world heritage was holding a special session this week to address the pillaging of the site.

**THE ASSOCIATED PRESS**

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# 'Robin Hood' tax scheme gains support

## Taking from the rich. Campaign calls for a tax on all stocks, bonds, derivatives and currency trades

With actor Mark Ruffalo and Coldplay's Chris Martin recently publicly backing it, the Robin Hood Tax campaign is gaining steam.

The campaign began in the United Kingdom in 2009 and has seen a growing wave of support from grassroots organizations, activists, unions, politicians and economists in 14 countries, including Canada. The campaign calls for the adoption of a financial transaction tax on all stocks, bonds, derivatives and currency trades. The tax would be set at between 0.5 and 0.005 per cent, depending on what's being traded, explains Charles Idelson, a spokesperson for the U.S. campaign.

"We're calling for taxing banks and financial institutions that have caused the economic crisis," Idelson said. "This tax could raise hundreds of billions of dollars every year on the trades done in the U.S. alone."

The Canadian Federation of Nurses Union's campaign in support of the Robin Hood Tax began earlier this year after their American counterpart adopted the idea following the 2008 financial crisis.

The nurses' union is hoping the federal government will take a look at implementing a Robin Hood Tax here as well, although so far the Harper government has said it wouldn't favour such a move.

The money could go a long way to improving the quality of life for many Canadians, said Linda Silas, president of the Canadian Federation of Nurses Union. Silas said that in the coming months more organizations will be asking for the tax in federal budget consultations.

TORSTAR NEWS SERVICE



## Exxon Valdez's final journey

The ship formerly known as the Exxon Valdez, pictured above anchored off India's western coast on Saturday, may finally be able to sail off into the sunset. Now known as the Oriental Nicety, the ship has been given permission to enter India. India's Supreme Court had earlier banned the vessel that dumped more than 40 million litres of crude oil into Alaska's Prince William Sound in 1989 from entering the country for dismantling until it has been decontaminated.

THE ASSOCIATED PRESS

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50	\$17	\$13	\$33	\$24	\$52	\$36	\$96	\$67
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60	\$37	\$26	\$88	\$59	\$180	\$110	\$310	\$212
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### Market Minute

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(Markets closed)

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TORSTAR NEWS SERVICE

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# U.S.A. VERSUS THE LAND OF 'EH'



**SHE SAYS...**  
Jessica Napier  
metronews.ca/shesays

As a dual citizen of both Canada and America, the first week of July is a pretty festive time. I like to think that having two passports gives me the right to continue the patriotic celebrations from Canada Day through to the Fourth of July.

Many American's don't really care too much about what goes on across the border, possibly because they're too busy chanting "U.S.A. No. 1" as they spoon-feed themselves ranch dressing. But when they do think about us Canadians, they're usually smirking.

The concept of "Canadian football" tends to elicit eye rolling, and Steve Martin famously mocked Toronto on an episode of 30 Rock as "New York without all the stuff in it."

### Duelling citizenship

**"But while the odds seem stacked in Yankee favour, this humble northern neighbour has some pretty amazing qualities."**

And yes, the beaver is a pretty laughable national animal when compared to the far more majestic eagle and our coins sound like badly drawn cartoon characters. Loonie and toonie? Come on.

Our taxes are higher, our Netflix options are abysmal and our telecommunications

monopolies have a stranglehold on our mobile-dependent citizens with their high fees.

But while the odds seem stacked in Yankee favour, this humble northern neighbour has some pretty amazing qualities.

Here are 10 of my favourite ways in which the Great White North kicks the Land of the Free's ass (sorry to brag, it's the American in me):

**1** Two words: American beer. Here in Canada, we generally don't like to dilute our beer with water. We also earn money when we recycle those bottles of stronger brew, so really, that's two points for Canada.

**2** Who cares what Microsoft Word has to say. Adding a "u" to words like "colour" and "favourite" is classier.

**3** In this bilingual country, it's entirely possible to teach yourself a new language just by reading a box of cereal

**4** Canada is a constitutional monarchy, which means our lame obsession with the British royal family is somewhat justified. What's your excuse America?



**5** Legalized same-sex marriage.

**6** Colour-coded money. Because why on earth would you make your one-dollar bill and your one-hundred-dollar bill look almost identical?

**7** Canadians were wearing plaid before it was ironic.



**8** Fact: Caesar > Bloody Marys.

**9** We have the most patriotic customer loyalty program: Canadian Tire money. Does Lowes have its own currency? Didn't think so.

**10** We invented the electric light bulb, basketball, the telephone, and the greatest guilty-pleasure snack of all time: A heavenly medley of cheese curds, gravy, fries. O Canada indeed.

# Dressed in their 'Nunday' best



BRENDAN LANDY/LANDYPHOTO.COM

### World record attempt

## Getting into the habit for a good cause

One town in southwest Ireland devoutly took a fun way to promote a serious cause. Listowel in County Kerry saw over 1,400 men, women and children dressed in black-and-white habits to break a Guinness world record for most 'nuns' in one place, an event to raise money for Pieta House, a suicide and self-harm crisis centre. **MWN**

### Numbers in B&W

# 1,456



The number of people dressed up as nuns that gathered in a Gaelic football field in Listowel on Saturday. They

smashed the previous record of 250 achieved at Pinewood Studios, Buckinghamshire, England. The organizing committee initially hoped only 500 would attend. Participants came from as far as Florida and New York.

### 'Nun' the worse for wear

- **Seeking release.** "Overall, 'Nunday' was a fun way to release emotions for those who have suffered," event organizer Cora O'Brien, who lost a teenage son to suicide five years ago, told Metro.

- **Dress code sacrosanct.** "We did have to reject a few participants," O'Brien admits. "The dress code had many stipulations, including a need for black-only shoes. The outfits were rigorously checked and people were ticketed as they entered the field."



Spirits, and legs, rise as 'nuns' gather to set a world record. **BRENDAN LANDY/LANDYPHOTO.COM**

# Do a double-double take — pick up the tab for the drive-thru order behind you

## News Worth Sharing

*Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.*

It's the stuff of drive-thru dreams.

Imagine it: You're sitting in your car, behind an end-

less row of other cars, waiting for your morning jump start: A double-double.

You approach the drive-thru window, change in your hand, only to be told: "Don't worry about it. Your coffee's free today."

What? Free coffee? "The person in the car in front of you paid for your coffee. No questions asked." Seem too good to be true?

Well, if you're Refika

Karaduz, it's most definitely not.

On her way to work recently, Refika was pleasantly surprised by the good deed of a good Samaritan.

Unfortunately, she didn't get the chance to meet the mystery do-gooder, or say thank you.

So, from Refika to her anonymous caffeine donor: Thank you.

And remember, the next time you're in that drive-

thru or in that line, spend a few bucks on the person behind you.

Who knows, you might make their day!

**CRAIG AND MARC KIELBURGER**

*Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to [goodnews@metowe.com](mailto:goodnews@metowe.com) and we'll share them right here.*

2

## SCENE

Box office

## A teddy bear's picnic

It's both a bear and bull market for Hollywood. The bear is Ted, Mark Wahlberg and Seth MacFarlane's comedy about a talking teddy bear, which opened as the No. 1 movie with \$54.1 million, according to studio estimates Sunday. And the bulls are baring it in Magic Mike, Channing Tatum and Steven Soderbergh's male-stripper tale that debuted a strong No. 2 with \$39.2 million. The two new movies were backed by a deep bench, with Pixar Animation's Disney fairy tale Brave holding up well at No. 3 with \$34 million in its second weekend. Tyler Perry's Madea's Witness Protection opened solidly at No. 4 with \$26.4 million.

THE ASSOCIATED PRESS

On the web



Whitney Houston gets tribute from mother at BET Awards; Kanye, Jay-Z, Beyoncé, Brown win two each



Anderson Cooper, normally reluctant to talk about his private life, has come out, saying "I do think visibility is important." TORSTAR ARCHIVE

# Cooper: 'I'm gay'

**Coming out.** CNN journalist says there's value in 'standing up and being counted' in Daily Beast essay

Anderson Cooper, who has been reluctant to talk about his personal life in public, revealed that he is gay in an essay posted online on Monday.

The CNN journalist said he had kept his sexual orientation private for personal and professional reasons, but came to think that remaining silent had given some people a mistaken impression that he was ashamed.

"The fact is, I'm gay, al-

ways have been, always will be, and I couldn't be any more happy, comfortable with myself and proud," he wrote in a letter to Andrew Sullivan of the Daily Beast.

Cooper, the son of Gloria Vanderbilt, had long been the subject of rumours about his sexual orientation. He said that in a perfect world, it wouldn't be anyone's business, but that there is value in "standing up and being counted."

"I still consider myself a reserved person and I hope this doesn't mean an end to a small amount of personal space," he wrote. "But I do think visibility is important, more important than preserving my reporter's shield of privacy."

THE ASSOCIATED PRESS

## Excerpt

The Daily Beast's Andrew Sullivan asked Anderson Cooper for his thoughts on the topic of the visibility of gay people and what it means for equality. Here's part of Anderson Cooper's response.

- "...I've begun to consider whether the unintended outcomes of maintaining my privacy outweigh personal and professional principle. It's become clear to me that by remaining silent on certain aspects of my personal life for so long, I have given some the mistaken impression that I am trying to hide

something — something that makes me uncomfortable, ashamed or even afraid. This is distressing because it is simply not true. I've also been reminded recently that while as a society we are moving toward greater inclusion and equality for all people, the tide of history only advances when people make themselves fully visible. ... The fact is, I'm gay, always have been, always will be, and I couldn't be any more happy, comfortable with myself, and proud."

READ MORE AT [THEAILYBEST.COM](http://THEAILYBEST.COM)

## Action



## The Amazing Spider-Man

Director. Marc Webb

Stars. Andrew Garfield, Emma Stone



It's only been five years since Spider-Man last soared across the silver screen. And that's perhaps this reboot's greatest flaw. Taking over for filmmaker Sam Raimi, relative newcomer Marc Webb largely restores the recognizable origin story about a kid bitten by a radioactive bug, who becomes a web-slinging superhero. In The Amazing Spider-Man however, Webb focuses on back story and succeeds with clever performances from a talented cast. Spidey improves as a livelier, more playful hero, too, but in essence, this web-head is too familiar for true impact.

STEVE GOW

SEE SCREEN TIMES P. 17



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### The Amazing Spider-Man

#### Scotiabank Theatre 259 Richmond St.

Mon 8:45-10:30 Tue-Thu 2:20-4:50-5:10-5:40-8:30-9 / 3D Mon 9:15-10 Tue 12-12:30-3:10-3:40-6:20-6:50-9:30-10 Wed-Thu 12:30-3:10-3:40-6:20-6:50-9:30-10 Mon 8:15-11:20 Tue-Thu 1:30-4:40-7:50-11 An IMAX 3D Experience Mon 8-11 Tue-Thu 1-4:10-7:20-10:30

#### Varsity 55 Bloor St. W.

Mon 8:05-10:55 Tue-Thu 1-4-7-10:05 3D Mon 8-11:05 Tue-Thu 1:30-4:30-7:30-10:30

#### Yonge-Eglinton Centre 2300 Yonge St.

Mon 8:30 Tue 12:15-3:25-6:35-9:45 Wed-Thu 1:45-5-8:30 / 3D Mon 10:30 Tue-Thu 12:45-3:55-7:05-10:15 Mon 8-11:05 Tue-Thu 1:15-4:25-7:35-10:45

#### Queensway 1025 The Queensway

Tue 12-12:30-3:10-3:40-6:20-6:50-9:30-10 Wed-Thu 12:30-3:10-3:40-6:20-6:50-9:30-10 / 3D Mon 8:45-9:30-10:20 Tue-Thu 1-4:10-7:20-10:30 Mon 8-11:05 Tue-Thu 1:30-4:40-7:50-11

#### Woodbine Centre 500 Rexdale Blvd.

Mon 9 Tue-Thu 12:45-3:45-6:45-9:45

#### Humber Cinema 2:2442 Bloor St. West

The Amazing Spider-Man (PG) Mon 9:45 Tue-Thu 1-4-7-9:45

#### Beach Cinemas 1651 Queen St. E.

The Amazing Spider-Man 3D (PG) Mon 8-9-11:05 Tue-Thu 12:30-1-3:40-4:10-6:50-7:20-10:10-10:30

#### Empress Walk 5095 Yonge St.

Mon Digital, Tue-Thu 1:30-4:30-7:30-10:30 3D Mon 7-10:30 Tue-Thu 2-5-8-11 An IMAX 3D Experience Mon 8-11 Tue-Thu 1-4-7-10

#### SilverCity Yorkdale 6 3401 Dufferin St.

Mon 9 Tue-Thu 12:30-3:40-6:50-10 3D Mon 8:30 Tue-Thu 1-4:10-7:20-10:30 Mon 8-11:05 Tue-Thu 1:30-4:40-7:50-11

#### Silvercity Fairview 1800 Sheppard Ace. E.

Mon 9 Tue-Thu 12-3:10-6:20-9:30 3D Mon 8-8:30-11:05 Tue-Thu 12:30-1-3:40-4:10-6:50-7:20-10-10:30

#### Coliseum Scarborough Mon 10:15 Tue-Thu 12-3:40-6:50-10

#### Coliseum Scarborough

#### 300 Borough Dr.

3D Mon 9 Tue 12:20-4:10-7:20-10:15-10:30 Wed-Thu 12:20-4:10-7:20-10:30 Mon 8-11:05 Tue-Thu 1:30-4:40-7:50-11

#### Eglinton Town Centre 1901 Eglinton Ave. E.

Tue-Thu 12-12:30-3:10-3:40-6:20-6:50-9:30-10 / 3D Mon 8:30-9 Tue-Thu 1-4:10-7:20-10:30 Mon 8-11:05 Tue-Thu 1:30-4:40-7:50-11

#### 401 & Morningside 785 Milner Ave.

Mon 8:45-9:40 Tue 12-3:30-6:45-9:50 Wed-Thu 12:15-3:30-6:45-9:50 3D Mon 8-11:05 Tue-Thu 12:40-1:15-4-4:25-7:15-7:35-10:20-10:45

#### Coliseum 10 309 Rathburn Rd.

Mon 8:45 Tue-Thu 12:30-3:40-6:50-10 3D Mon 8:15-9:40-10:20-11:20 Tue 12-1:30-3:10-4:40-6:20-7:50-9:30-11 Wed 12-3:10-6:10-9:30 Thu 12-3:10-6:20-9:30 Wed-Thu 1:30-4:40-7:50-11 An IMAX 3D Experience Mon 8-11 Tue-Thu 1-4:10-7:20-10:30

#### Courtney Park 16 110 Courtney Park Dr.

Mon 12:01 Tue-Thu 10-11:30-1-2:30-4-5:30-7-8:30-10-11:30 / 3D Mon 12:01 Tue-Thu 11-2-5-8-11 / An IMAX 3D Experience (PG) Mon 12:01 Tue-Thu 10:30-1:30-4:30-7:30-10:30

#### Orion Gate Grande 20 Biscayne Cr

Mon 9 Tue-Thu 12:30-3:40-6:50-10 3D Mon 8:30-11:05 Tue-Thu 12-1-3:10-4:10-6:20-7:20-9:30-10:30

#### SilverCity Brampton 50 Great Lakes

3D (PG) Mon 9 Tue 1-4:10-7:20-10:30 Wed 12:45-4:10-7:20-10:30 Thu 1-4:10-7:20-10:30 Mon 8-11:05 Tue-Thu 1:30-4:40-7:50-11

#### 5 Drive-In 2331 Ninth Line

Mon-Thu 9:40

#### North, 5 Drive-In 2331 Ninth Line

Mon-Thu 9:40

#### Aurora Cinemas 15460 Bayview Ave.

Mon 9-10:15 Tue-Thu 1-4:10-7:20-10:30 / 3D (PG) Mon 8-11:05 Tue-Thu 12:30-3:40-6:50-10 Tue-Thu 1:30-4:40-7:50-11

#### Promenade Mall 1 Promenade Circle

Mon 8 Tue-Thu 12:45-3:45-6:45-9:40 Tue-Wed 12-3:10-6:20-9:30 Thu 12:30-3:40-6:50-10 / 3D (PG) Mon 8:30 Tue-Wed 12:30-1-3:40-4:10-6:50-7:20-10-10:30 Thu 1-4:10-7:20-10:30 Mon 8-11:05

#### Tue-Thu 1:30-4:40-7:50-11

#### Colossus 19 3555 Hwy 7 West

Mon 8:45 Tue-Thu 12-3:10-6:20-9:30 3D Mon 9:15 Tue-Thu 12:30-3:40-6:50-10 Mon 8:15-11:20 Tue-Thu 1:30-4:40-7:50-11 / An IMAX 3D Experience Mon 8-11 Tue-Thu 1-4:10-7:20-10:30

#### Elgin Mills 10 10909 Yonge St.

Mon 8 Tue-Thu 12-3:10-6:20-9:20 3D Mon 8:30 Tue-Thu 12:20-3:30-6:40-9:40

#### First Markham Place 3275 Hwy 7 E.

Mon 8:30 Tue-Thu 12-3:10-6:10-9:30 3D Mon 8-9-11:05 Tue-Thu 12:30-1-3:40-4:10-6:50-7:20-10-10:30

#### SilverCity Richmond Hill 8771 Yonge St.

Mon 8:30 Tue-Thu 1-4:10-7:20-10:30 3D Mon 9 Tue-Thu 12:30-3:40-6:50-10 Mon 8-11:05 Tue-Thu 1:30-4:40-7:50-11

#### Galaxy Cinemas Milton 1175 Maple Ave.

Mon 8:30 Tue-Thu 12:30-3:40-6:50-10 Mon 8-11:05 Tue-Thu 1-4:10-7:20-10:30

#### SilverCity Burlington 8 1250 Brant St.

Mon 8:30 Tue-Thu 12:45-3:55-7:05-10:15 3D Mon 8-9-11:05 Tue-Thu 12:15-1:15-3:25-4:25-6:35-7:35-9:45-10:45

#### SilverCity Oakville 3531 Wyecroft Road

Mon 9 Tue-Thu 12:30-3:40-6:50-10 3D Mon 8-11:05 Tue-Thu 1-4:10-7:20-10:30 Mon 8-11 Tue-Thu 12:45-3:45-6:45-9:45

#### Winston Churchill 2081 Winston Park Dr., Oakville

The Amazing Spider-Man (PG) Mon 12 Tue-Thu 1-2:10-4:20-5:35-7:30-8:40-10:40 3D Mon 12 Tue-Thu 12:20-1:25-3:35-4:05-6:45-7:55-9:55-11

#### Ajax

**248 Kingston Rd. E**  
3D Mon 8-10-11:05 Tue-Thu 12:30-1-3:40-4:10-6:50-7:20-10-10:30

#### Pickering 8 1355 Kingston Rd.

The Amazing Spider-Man (PG) Mon 9 Tue-Thu 12:30-3:40-7-10:15 3D Mon 8-11:05 Tue-Thu 1-4:10-7:20-10:30

#### Whitby 24 75 Consumers Dr.

Mon 12:02-12:04 Tue-Wed 10:30-11-1:30-2-4:30-5-7:30-8-10:30-11 3D Mon 12:03-12:05 Tue-Wed 11:30-12-2:30-3-5:30-6-8:30-9-11:30 An IMAX 3D Experience (PG) Mon 12:01 Tue-Wed 10-1-4-7-10

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MARLOW STERN  
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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

## So long to Scientology for Suri?

MONICA WEYMOUTH  
scene@metronews.ca

We all knew that when Tom Cruise and Katie Holmes divorced, it was going to be a weird one. What we didn't expect was that after five years, Katie would snap out of her dead-behind-the-eyes trance with so much fight left in her.

Before filing for divorce on Thursday, the actress had already rented a separate apartment for herself in New York.

Although she does occasionally live in the city, it could have been a strategic move: She's requesting sole custody of six-year-old daughter Suri, which is more likely to be granted in New York than Los Angeles, where joint custody is more popular.

"Katie's primary concern remains, as it always has been, her daughter's best interest," Holmes' lawyer said in a statement Friday.

The "best interest" part is, reportedly, a reference to the Church of Scientology, which Holmes doesn't want Suri raised in.

Although a high-profile member of the religion while with Cruise, Holmes



is now afraid that she is considered a "threat" to the organization — similar to how Nicole Kidman was shunned after her divorce from Cruise — and is being followed around New York by church authorities,

reports TMZ. It's all very creepy, for sure. But if Scientology wants to be respected as a real religion in 2012, it's going to have to start doing much more depraved stuff than stalking Katie Holmes.

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# Have you got what it takes to be an Olympic athlete?

How can you know if you have what it takes to be an Olympic star if you've never tried? Metro talks to Dr. Marco Cardinale, head of sports science and research of the British Olympic Association, to find out why athletes are above average. **ROMINA MCGUINNESS**

## First, pair your body with sport

"There are 26 sports in the summer Olympics so there isn't a standard 'body type,'" says Cardinale. "Each sport suits a body. If you think about the differences between a boxer and a runner you realize how different bodies can be successful in sport. While this means that potentially everyone can become an Olympic athlete, it's not that easy. Olympians are the result of years of dedication to grueling training regimes combined with talent and the ability to learn and develop. Being tall does not guarantee you a place in the volleyball team, unless you have skill."

## Focus comes with a clear mind

"What separates Olympic athletes from the rest of us is their mind set and dedication. This requires hours of training and a deep desire to understand what it takes to win. Medal winners are the ones that learn faster and more than their opposition. You need to be determined to succeed, with an obsession for detail and improvement. It's a tough life. Athletes experience the highs of wins and the lows of losses as well as setbacks with injuries. You can't survive without the ability to deal with adversity and remain optimistic as success only comes after years of practice."

## Ouch: learn to stay injury-free

"Being fit for purpose reduces the risks of injury. A good control of training progression can help as most of the time an injury is the result of wrong training loading patterns that puts the body under too much stress. For us normal people not pursuing Olympic success, general fitness is a good way to avoid injuries..."

## Your stomach doesn't like junk

"Athletes should always watch what they eat in order to make sure their nutrition is appropriate for the demands of their sports, the training schedules and their body types. In weight category sports such as boxing or judo, where weight is an issue, athletes control their diets in order to make sure they can compete. In many other sports, nutrition is important not only to make sure body mass is appropriate for each athlete, but also to be able to improve performance by using appropriate timings of macro- and micro-nutrients intake."

## Calories in = calories out

"A balanced diet is the secret to a healthy lifestyle. Avoid the unnecessary intake of calories and control your intake of macro-nutrients. We live in a society exposed to carbohydrates and processed sugars, both of which we eat too much of. If someone is overweight, it's often the result of poor food choices in terms of quantity and quality. These are the kind of things to be mindful of. Diet is only part of the equation. Exercise is the most important."



### Athlete Q+A

Metro speaks to British artistic gymnast and Olympic hopeful, Louis Smith

**RICHARD PECKETT**  
richard.peckett@metro.hk

### DEALING WITH STRESS

"You can't really control your nerves. You can prepare yourself to be in the best mental state. Nerves are what I thrive on. I love the adrenaline rush. I would get bored without it. On the other hand, when you're on the pommel horse, you shouldn't let the adrenaline affect you. If I'm nervous, I listen to reggae. Competitions can be very daunting. It's all down to those 50 seconds..."

### TRAINING SCHEDULE

"I wake up around 10:30 a.m. and then train from 12:30 to 3:30 p.m. I have a rest, and then I'm back in the gym at 5:30 till about 8 p.m."

### THREATS

"Everyone is a threat. I'll be looking out for people like Krisztian Berki from Hungary. If I wobble, the door opens to about 15 other people. If I had a clean routine there would be a few other people that would be in my league. My calmness when it comes to a competition is my forte. I stay focused whereas others can get a bit too hyped."

### LIFE AND LOVE

"Training for the Olympics is tough when you're young but you can't lose sight of what you're doing and why you're doing it. What I miss most is dating. I've been single for over a year and would like to find someone. But at the same time I wouldn't want a distraction during the Games."

### BODY MAINTENANCE

"It's pretty basic. In the morning, I'll have some porridge and some fruit. If I'm still hungry, some toast. For lunch it's carbohydrates and protein and for dinner, white meat (fish) and vegetables. The absolute no-no before the Games are takeaways and heavy nights out."

# 3 LIFE

### Fitness pick

## Futuristic sports vests

Electric Foxy's Move vest is every fitness fanatic's dream item of clothing. The new-age technology garment is designed to alleviate incorrect physical movement, promising optimal precision and positioning in sports such as yoga, pilates, golf and baseball, for which posture and fluidity of movement is key. How is this possible? The garment analyzes your movements and if you are doing them incorrectly, sends you real-time feedback – a subtle nudge – at the point where the adjustment is needed. Unfortunately, it's still at the prototype phase so until then, an old T-shirt will do. **METRO**

### On the Web



Addressing mental health issues key when treating obesity, experts say

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## Do you have type 2 diabetes?

Do you have difficulty in controlling your blood sugar levels on your current antidiabetic medication?

If the answer is yes, and you are 18 years of age or older, you might be suitable to participate in a clinical research study. This study will look at whether an investigational medication is safe and effective in people with type 2 diabetes who are taking metformin treatment but whose blood sugar levels are not effectively controlled.

The study will last for about 118 weeks and will involve approximately 23 visits to a study center. Suitable participants will receive study-related medication and health assessments at no cost.

To find out more, please contact:

**LMC Diabetes**  
tel: 866-701-ENDO  
web: www.LMC.ca



# Eating your breakfast to avoid diabetes

**Health.** Starting your day off the right can mean living your life free of this rapidly growing disease

**CELIA MILNE**  
life@metronews.ca

Eating breakfast helps keep you thin and diabetes-free.

A large U.S. study sought to find out whether breakfast consumption is protective against obesity, metabolic syndrome and type 2 diabetes. Results were dramatic.

"We found that those who reported eating breakfast daily had a 34 per cent decreased risk of developing type 2 diabetes over 18 years," says Andrew Odegaard, a research associate at the University of Minnesota school of public health.

Odegaard and colleagues from Minnesota, Chicago and Boston tracked 3,598 people for nearly 20 years, assessing their dietary habits, their weight, and their health.

Participants were young — between the ages of 18



Diabetes affects nearly one in three Canadians. iStock

and 30 — when the study started, and about 10 per cent of them developed type 2 diabetes.

When scientists crunched the data, they found that those who ate breakfast most days of the week were better

off than those who never or rarely ate breakfast.

And eating breakfast every day was best of all.

But why is that first meal of the day so good for you? Odegaard explains.

"The research to date on

**Need to know**

**The bad news:**

- **Statistics.** Diabetes affects nine million Canadians, and 90 per cent of those cases are type 2. The good news: people at risk for type 2 diabetes are able to reduce their risk by 58 per cent by exercising moderately for 30 minutes a day, according to the Canadian Diabetes Association.

the subject suggests that 'break-ing the fast' in the morning has day-long effects on factors related to metabolism and appetite, which would affect the development of obesity, metabolic syndrome, and type 2 diabetes."

He warns that just because you eat breakfast doesn't mean you can pig out on junk food the rest of the day, and still remain thin.

"Breakfast may be important, but overall diet quality still needs to be emphasized." The study was presented at the 2012 American Diabetes Association Scientific Sessions.

**Best Health**

## The real scoop on ice cream



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-Chief  
Best Health Magazine

Should you choose ice cream, gelato, sorbet or frozen yogurt? In our summer

issue, we compared frozen treats to give you a heads up on what's in there.

In a 3/4 cup serving size:  
Chocolate-chocolate chunk extra-rich ice cream: 450 calories, 30 g fat (15 g saturated fat)

Maple frozen soy dessert: 195 calories, 7.5 g fat (6 g saturated fat)

Butterscotch ripple ice

cream: 195 calories, 7.5 g fat (4.5 g saturated fat)

Black cherry frozen yogurt: 150 calories, 1.5 g fat (1 g saturated fat)

Orange sorbet: 135 calories, 0 g fat

Lemon gelato: 90 calories, 0 g fat

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# Delicious flavours of a Cobb Salad all healthily wrapped up



This recipe serves eight and takes less than 30 minutes to make. ROSE REISMAN



**ROSE REISMAN**  
for more, visit  
rosereisman.com

A Cobb Salad traditionally has loads of chicken, blue cheese, bacon and heavy dressing.

I've lightened up this classic and tossed it into a wrap.

**1.** Lightly coat a nonstick grill pan with vegetable spray and set over medium heat. Grill chicken 4 mins. each side or until no longer pink. Cool slightly, then slice thinly.

**2.** Combine tomatoes, red pepper, avocado, black beans, green onions and parsley in a bowl. Add lemon juice, sour cream, olive oil, garlic, chili sauce, salt and pepper and mix.

**3.** Spread one-half of each of the tortillas with some of

### Ingredients

- 8 oz skinless boneless chicken breasts (about 2)
- 1/2 cup diced plum tomatoes
- 1/2 cup diced red bell pepper
- 1/2 cup diced ripe avocado
- 1/3 cup canned black beans, drained and rinsed
- 1/4 cup finely chopped green onions
- 1/4 cup chopped parsley
- 4 tsp lemon juice
- 1 tbsp low-fat sour cream
- 1 tbsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- pinch of salt and pepper
- 1/2 cup shredded aged light cheddar cheese
- 4 large whole wheat flour tortillas

the mixture. Top with slices of chicken and the shredded cheese. Fold in 2 sides and roll up. Place the wraps in a clean grill pan and cook for 5 minutes, turning halfway, just enough to warm through. (Or heat in a 400 F oven for 5 minutes until warm.) Cut in half and serve.

### Health Solutions

## Three small, sneaky super boosters



**NUTRI-BITES**  
Theresa Albert, D.H.N., R.N.C.P.  
myfriendinfood.com

At the speed of our lives, it is hard to get all of the nutrients you need. Everyone needs a few tricks up their sleeve to boost or better the food they choose.

In nutrition circles, "nutrient density" is the name of the game. It means that you should make every mouthful count by choosing unprocessed, fresh, raw vegetables and whole grains every single time. Who can do that?

Here is your cheat sheet of three foods that you can add to whatever you are eating and improve every bite.

### Cocoa nibs

**Tastes like:**  
Bitter, crunchy chocolate chips

**Good for:**

- High in antioxidants
- Contains potassium and magnesium (two nutrients often missing from pro-

cessed food)

**How to use:**  
Add to yogurt, baking, salads

### Chia seeds

**Tastes like:**  
No taste, texture only

### Good for:

- Excellent fibre (soluble and insoluble)
- High in trace minerals

### How to use:

Add to smoothies, salads, soups, baked goods, sprinkle on convenience foods

### Hemp seeds

**Tastes like:**  
Sunflower seeds

### Good for:

- High in plant source protein
- Contains good fat GLA needed to make hormones

### How to use:

Grind into a nut free "nut" spread and add to vegetarian dishes like lasagne, pasta.

**THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.**

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Ready to hit the road? ISTOCK IMAGES

# Get outta your dreams, get into your used car

**Previously loved wheels.** Buying a second-hand vehicle can make a lot of sense — just make sure you do your homework first



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca  
Twitter: @alisonmoney

I'm a new car buyer and very faithful to my wheels. My family's last two cars, a Toyota Cressida and Tercel, lived to be 23 and 19 respectively. For me, buying new makes sense. My current vehicles, a 2007 Camry Hybrid, a wickedly wonderful lime-green, and a fire-engine-red 2011 Ford 150 Ecoboost will probably outlive me.

However, for many people, buying used is a better choice if for no other reason than cost.

If you're considering a previously loved vehicle turn to edmunds.com and its recently published annual guide to the best used cars. Not long ago the winners came

from the usual suspects, Toyota, Honda and Nissan. Now other Asian manufacturers like Hyundai and even American makers are making the list.

Edmunds.com ranks the vehicles according to reliability, longevity, crash test results, value and availability. The latter is important but not often considered by buyers. The more cars you have to choose from the better deal you can make and the more options you will have.

Here are some of the major category winners for the years 2005 to 2010:

**-Compact sedan:** Hyundai

#### New to you

- **Second-hand vehicles in demand.** 65 per cent of all cars sold in Canada are used.

dai Elantra  
**-Mid-size sedan:** Nissan Altima  
**-Large sedan:** Hyundai Azera  
**-Wagon:** Pontiac Vibe  
**-Compact SUV/Crossover:** Honda CR-V  
**-Minivan/Van:** Honda Odyssey  
**-Compact Truck:** Toyota Tacoma

**-Hybrid:** Toyota Prius

You can find all the category results with notes about the models at [edmunds.com/car-reviews/best-used-cars.html](http://edmunds.com/car-reviews/best-used-cars.html).

Don't forget that while a used car might be cheaper than a new one, financing charges are often higher. If you have little or no down pay-

ment then you could easily have higher monthly payments buying used.

Zero interest new car purchases are rarer than they were at the height of the recession, but financing charges on new cars are often two to four per cent less than on a used vehicle if you purchase through a dealer.

#### Alison's money rule

**"Used cars can be better than new with a big down payment and a little research."**

The best strategy when buying used is to aim for at least 25 per cent down, finance with a personal or home equity line of credit and set the payments to discharge the debt in less than four years.

**ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM**

# When it comes to money, track it or lose it, baby



**FUN AND FRUGAL**  
Lesley Scorgie  
money@metronews.ca  
Twitter: @Lesleyscorgie

According to H&R Block and Canada Revenue Agency last week, most Canadians filed their taxes by April 30 and now have their refunds, which averaged \$1,600. Many will use it to save or pay off debt while others will blow it on fun and frivolous items or upcoming summer holidays.

Do you have a plan for your tax return? Have you written it down on Post-it notes, a spreadsheet, built a budget, or made mental notes?

Through Mint.com, tracking your money, including tax refunds, is about to get way easier; no more wading through piles of statements or sorting through overly complex budgeting templates.

After a quick five minute sign-up process, Mint.com securely pulls all your financial accounts, from multiple institutions, into one place. Using their proprietary software, your financial information is categorized into understandable buckets of data like savings, investments, mortgages, bills and more.

These categories can be analyzed and summarized so that you know what your total financial situation looks like at any given time; including your net worth.

Mint.com also makes

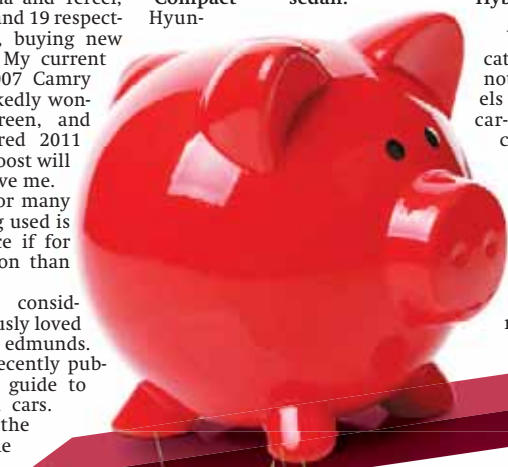
budgeting a synch. It automatically calculates your average spending in any category which allows users to create a realistic budget that is based on historical spending.

Once your budget is established, you can set goals to reduce unnecessary spending and support your larger financial plans for retirement, family, career and education. The investment tracking piece of the website allows you to compare how your portfolio is performing relative to various benchmarks. Mint.com also offers free tips to help build your bottom line.

If there looks to be something suspicious happening in your account or if you're dangerously close to blowing your budget in a particular category, you'll be notified. You can set up customized notifications such as bill due date reminders or credit availability. These alerts allow you to avoid fees and protect your credit score.

One of my favourite parts about Mint.com is the summary of fees within your various accounts; ATM, account, brokerage, and investment fees. Fees can gobble up hundreds of dollars throughout the year and Mint.com can help you identify and reduce them.

If you're scared to fork over so much personal information, rest easy. I, too, was a sceptic. But, I'm now convinced that Mint.com's





Websites and apps can help you know what happens to those 'lost' dollars and cents. ISTOCK IMAGES

**Take the reins**

**"Tracking your financial progress and having financial goals is powerful and financially lucrative."**

security system is as good as any major bank. Plus, it's essentially a "read-only" service so no one can move money in or out of your accounts.

The best part about Mint.com is that it's free. Plus, using your mobile app, you can track your money on the go.

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# How to know if you really 'click'

**Online dating.** Is he a keeper? Is she crazy? Learn to read between the lines of a carefully constructed profile



SARA DIMERMAN  
life@metronews.ca

I've found the perfect match. If Plenty Of Fish were to search its databank to find the perfect partner, it would no doubt find true love with Facebook.

To illustrate why, I'll paint a picture of an online dater — in this case scenario, a 20-something female in front of her computer screen conducting a search on one or more of her favourite Internet dating sites. She's searching by where he lives and his age. At least 50 profiles appear but she doesn't even bother reading them until she spots a look that appeals to her.

Then she reads his profile and if she's still interested, sends him a message. He writes back and after several days of back and forth messages, she moves in a little closer. At this point, she likely asks if he wants to Skype or if he has Facebook. Facebook, it turns out, is her screening tool. There's so much to learn from reading a potential lover's wall. If she's looking for a mature gentleman, she is totally turned off if he swears gratuitously or uses his wall to share half naked pictures of himself and his friends in a drunken stupor. On Facebook, she's able to read between the lines instead of just knowing him through polite online conversation.

So, here are some tips for anyone looking to meet a mate online:

#### Post a picture

Even though it may seem shallow to only respond to people who have posted pictures of themselves, it appears suspicious if you don't. People

might wonder what you're trying to hide. Besides, when you're trying to meet someone through the Internet, visuals are key. Since beauty truly is in the eye of the beholder, there's opportunity for everyone to meet someone.

#### Don't drag your feet

If you're serious about meeting someone online, expect to move fairly quickly from that first stroke on the keyboard to meeting in person. If you're still in the chatting online phase after weeks of first connecting, it's likely that the person you're talking to may lose interest and move on.

#### Be prepared to share more than your name

Even before meeting, be prepared to move beyond chatting on your screen to chatting via Skype, for example, so that each of you can hear the others voice or see each other live. Also be prepared to share other information such as your Facebook page or other profiles.



Reeling one in: There are plenty of fish in the online dating sea. ISTOCK

#### Be courteous

If you decide, after knowing more about someone, that you'd prefer not to continue talking, don't just stop. Share that you feel that you're not a great match after all, wish him or her well, and then move on. Same idea for after a first date even.

#### Have an escape plan

When you do meet, do so in a public place that you're familiar with. If you're a student, meet close to your university or college. If you're working or at home, meet at the coffee shop in your building or close by. That way, you know where to

go or turn to if you feel vulnerable. Also, let a friend or family member know who you are meeting and where.

One dater shared that she had a friend contact her a half hour into each first meeting so that she had a way out if she wasn't comfortable or enjoying herself.

#### No escaping yourself

One of the great things about social media, Facebook and the Internet is that your date can't hide from who he or she really is. Chances are that if you have a bad reputation or treat people poorly, your potential date will figure that out pretty

quickly.

So, even if there are plenty of fish, if you're looking to catch a really good one, you may want to take a fresh look at what others are seeing, and think about whether you're attracting the kind of attention you had hoped for.

SARA DIMERMAN IS REGISTERED WITH THE COLLEGE OF PSYCHOLOGISTS OF ONTARIO AND PROVIDES COUNSELLING TO INDIVIDUALS, COUPLES AND FAMILIES. SHE IS THE AUTHOR OF THREE BOOKS, INCLUDING HOW CAN I BE YOUR LOVER WHEN I'M TOO BUSY BEING YOUR MOTHER: THE ANSWER TO BECOMING PARTNERS AGAIN. VISIT HER WEBSITE AT HELPMESARA.COM

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Get comfortable: Advances in mobile technology are making telecommuting an option for many. ISTOCK

# Find your freedom: How to shake off the workplace shackles

## Feeling a little tense?

Check with your boss about the option of telecommuting

**JULIA WEST**  
Metro World News in Philadelphia

### Get flexible

"Flexibility is freedom," declares Allison O'Kelly, founder/CEO of Mom Corps. She suggests learning your company's specific options for flexible schedules before approaching your boss.

"Check with your human resources department before speaking with your manager, to see if there is a flexible work plan in place.

"Before diving in headlong, educate yourself on the mutual benefits of flexible work options and be prepared to do the same for your manager."

### Give the best performance

- It's no surprise that top performers are given the most leeway. "If you are exceeding the current standards for your job and contributing to your boss' goals, then you can often ask for and receive more autonomy, because you have built a reserve of trust from your manager," explains retired clinical professor John Millikin.

"The more your manager sees that he or she does not need to manage you closely, the more freedom will be allowed."

### Give it a try

"Many jobs require work that can be completed from home, so talk to your boss about testing out telecommuting for a day or two."

Heather R. Huhman

ginning to telecommute to improve their work-life balance," says Huhman. "Many jobs require work that can be completed from home, so talk to your boss about testing out telecommuting for a day or two. If you check in regularly via Skype, e-mail or phone and complete all tasks on time, both the employer and the employee will benefit from the increased freedom telecommuting provides." Bonus: You can wear your PJs all day.

### Telecommute

Heather R. Huhman, founder and president of Come Recommended, is a firm believer in telecommuting. "Many employees are be-



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# 4

## SPORTS

### Rugby

## Busy year for Canada in Rugby sevens

A year away from the Rugby World Cup Sevens 2013 in Moscow and Canadian sevens boss Geraint John's datebook is already full. The Canadian men will gather next week in Victoria, ahead of an Aug. 10-12 selection camp in the B.C. capital and the North America/Caribbean qualifying tournament Aug. 25-26 in Ottawa. The region will send two teams to the 24-country men's half of the world sevens championship, with Canada and the U.S. favoured to go through.

THE CANADIAN PRESS

### Mobile news



Twitter says its users fired off more than 15,000 tweets per second when Spain scored its fourth goal in Sunday's Euro 2012 final. Such records are constantly being set as fans increasingly use social media to connect during major sporting events. Scan the code for the story.



Leo Komarov works out as Toronto Maple Leafs host a camp for free agents and younger prospects at the MasterCard Centre for Hockey Excellence.  
RICK MADONIK/TORSTAR NEWS SERVICE

# 'A man amongst boys'

**NHL.** Leo Komarov is prospect with best chance of making it with the Maple Leafs

### Quoted

I had a dream since I was a little boy to play in the NHL. The Leafs are a good club. I'm proud to be here."

Leo Komarov

Leo Komarov speaks four languages — Finnish, Swedish, Russian and English — but the one he speaks best is hockey.

Born in Estonia to Russian parents, the family moved to a Swedish town in Finland when he was 5.

He's got hockey's rivalries — Sweden-Finland, Canada-Russia — internalized.

"I'm friends with everybody. I'm a good guy," he

said, laughing.

The 25-year-old winger has the best chance among the 42 players assembled at the Maple Leafs prospect camp to earn a job with the big club come October.

"He is a man amongst boys," said Jim Hughes, the Leafs director of player development who is running the four-day camp. "But the most evident thing you could see out here was the velocity

of how he passes the puck. He passes like a pro. Most of the guys pass it like amateurs. He's got a little pepper to his passes, he zings it around. He's in a different class than the other guys around here."

He better be. Komarov won a world championship with Finland in 2011 and this spring he won the KHL title with Dynamo Moscow.

The next step: the NHL.

Komarov, picked 180th overall by the Leafs in 2006, played the last three seasons for Dynamo. He said he was captain for 15 games this season. He had 11 goals and 13 assists in 46 games.

Komarov will spend the summer in Toronto getting to know some of his future teammates and the city, as well as familiarizing himself with the smaller ice surface.

It's become almost a rite of passage that one or two players from the Leafs summer camp actually ends up in the NHL the same season. Last year, it was Jake Gardiner, Matt Frattin and Ben Scrivens.

TORSTAR NEWS SERVICE



Zach Parise remains a free agent. JIM MCISAAC/GETTY IMAGES

## NHL free agency. Parise, Suter put signings on hold

A second day of NHL free agency came and went without decisions from forward Zach Parise or defenceman Ryan Suter on where they'd like to sign. The top two names on the open market have been given a lot of food for thought in the form of serious contract offers and are

electing to take their time.

"I'm getting closer but haven't made a decision," Parise told reporters Monday.

With so many teams hoping to land Parise and/or Suter, the market was pretty much frozen solid on Day 2.

THE CANADIAN PRESS

### NHL

## Brodeur, Price stay with teams

Martin Brodeur, the 40-year-old goaltender who has led the New Jersey Devils to three Stanley Cups, signed a two-year, \$9-million US contract Monday to stay with the only NHL club he's ever known.

The Devils also announced that backup goaltender Johan Hedberg, 39, also signed a two-year deal worth \$1.4 million per season.

Meanwhile, Carey Price signed a six-year contract worth a total of \$39 million US with the Montreal Canadiens. **THE ASSOCIATED PRESS/THE CANADIAN PRESS**

### NHL

## Torres' suspension cut by four games

NHL commissioner Gary Bettman has cut four games off the 25-game suspension given to Phoenix Coyotes forward Raffi Torres for his hit that concussed Marian Hossa during the playoffs.

THE CANADIAN PRESS

### MLB

## Bautista wins June award

Jose Bautista capped an inspiring month of June with another outstanding player award.

The Blue Jays slugger was named American League Player of the Month for June.

Bautista, who started slowly this season, returned in June to the form that has seen him claim the major league home run crown the past two seasons, and earn three straight all-star berths, including being voted to the AL starting lineup for next week's game in Kansas City.

Yankees second baseman Robinson Cano asked Jose Bautista, Prince Fielder and Mark Trumbo on Monday to join him on the AL side for the All-Star home run derby.

TORSTAR NEWS SERVICE

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# Sharapova falls in straight sets to hard-hitting Lisicki

**Wimbledon.** Federer reaches quarter-final following medical timeout for aching back



Maria Sharapova lost to Sabine Lisicki 6-4, 6-3 on Monday.  
SANG TAN/THE ASSOCIATED PRESS

All at once, there was a frenzy of activity at a wet and windy All England Club early Monday afternoon.

Top-seeded and 2004 Wimbledon champion Maria Sharapova, a big hitter in her own right, was overpowered in a 6-4, 6-3 loss to No. 15 Sabine Lisicki. Four-time title winner Serena Williams was locked in a three-set tussle against a wild-card entry from Kazakhstan who is ranked 65th but is responsible for the only perfect set in women's professional tennis. Defending champion Petra Kvitova was trying to come back after dropping her opening set.

Lisicki used flat, powerful

groundstrokes to neutralize Sharapova from the baseline. She also served bigger than Sharapova, reaching 118 m.p.h. and collecting six aces. A second-serve winner at 117 m.p.h. earned Lisicki's third match point, which she converted with a second-serve ace at 108 m.p.h.

Yaroslava Shvedova gave

13-time major champion Williams all she could handle over the last two sets before losing 6-1, 2-6, 7-5. Williams will next face Kvitova, who came back to beat No. 24 Francesca Schiavone of Italy 4-6, 7-5, 6-1.

Oh, and over on Centre Court, there was the not-so-insignificant matter of 16-time Grand Slam champion Roger Federer's medical timeout to get treatment for his aching back.

Federer, seeking a seventh trophy at the grass-court Grand Slam, beat Xavier Malisse 7-6 (1), 6-1, 4-6, 6-3 to reach a 33rd consecutive major quarter-final, adding to his record.

After the seventh game, Federer got help from a trainer for his back. When he returned, his play didn't appear to suffer all that much, other than slower-than-usual serves.

THE ASSOCIATED PRESS



## Cyclists face uphill battle

The peloton climbs the Cote de la Citadelle de Namur during Stage 2 of the 2012 Tour de France on Monday in Namur, Belgium. Mark Cavendish won the race but Fabian Cancellara retained the yellow jersey.

DOUG PENSINGER/GETTY IMAGES

### NBA

## Multiple teams courting Nash

The buzz surrounding free-agent point guard Steve Nash continued Monday as the Canadian star was expected to meet with the Brooklyn Nets one day after receiving a personal pitch from the Toronto Raptors and New York Knicks.

There was no word on whether the Nets proposed a deal close to what Toronto is reportedly offering. ESPN said Sunday that the Raptors tabled a \$36-million US, three-year deal and even employed the services of Wayne Gretzky to help deliver the pitch.

The Nets would reportedly rather keep all-star point guard Deron Williams, but the 38-year-old Nash could fill the void if Williams were to leave for another team.

Nash is reportedly going to meet with Phoenix, his current team, Dallas and Miami later this week.

Nash, a two-time NBA MVP, averaged 12.5 points and 10.7 assists a game for the Suns last season.

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MLB

AMERICAN LEAGUE

EAST DIVISION

Table with 4 columns: Team, W, L, Pct, GB. Rows include New York, Baltimore, Boston, Tampa Bay, Toronto.

CENTRAL DIVISION

Table with 4 columns: Team, W, L, Pct, GB. Rows include Chicago, Cleveland, Detroit, Kansas City, Minnesota.

WEST DIVISION

Table with 4 columns: Team, W, L, Pct, GB. Rows include Texas, Los Angeles, Oakland, Seattle.

Monday's results

L.A. Angels at Cleveland  
Minnesota at Detroit  
Kansas City at Toronto  
N.Y. Yankees at Tampa Bay  
Boston at Oakland  
Baltimore at Seattle

Sunday's results

L.A. Angels 10 Toronto 6  
Boston 2 Seattle 1 (10 innings)  
Cleveland 6 Baltimore 2  
Detroit 5 Tampa Bay 3  
Minnesota 10 Kansas City 8  
N.Y. Yankees 4 Chicago White Sox 2  
Oakland 3 Texas 1

Saturday's results

Toronto 11 L.A. Angels 2  
Cleveland 11 Baltimore 5  
Detroit 6, Tampa Bay 2  
Minnesota 7-5 Kansas City 2-1  
N.Y. Yankees 4 Chicago White Sox 0  
Seattle 3 Boston 2 (11 innings)  
Texas 7 Oakland 2

Tuesday's games — All Times Eastern

L.A. Angels (Haren 6-7) at Cleveland (McAllister 2-1), 7:05 p.m.  
Minnesota (Blackburn 4-5) at Detroit (Scherzer 7-5), 7:05 p.m.  
Kansas City (Mazzaro 3-2) at Toronto (Cecil 1-1), 7:07 p.m.  
N.Y. Yankees (Nova 9-2) at Tampa Bay (Shields 7-5), 7:10 p.m.  
Texas (Oswalt 2-0) at Chicago White Sox (Sale 6-5), 10:10 p.m.  
Boston (Lester 5-5) at Oakland (Undecided), 10:05 p.m.  
Baltimore (W.Chen 7-4) at Seattle (F.Hernandez 7-5), 10:10 p.m.  
Wednesday's games  
N.Y. Yankees at Tampa Bay, 3:10 p.m.  
Boston at Oakland, 4:05 p.m.  
L.A. Angels at Cleveland, 4:05 p.m.  
Baltimore at Seattle, 4:10 p.m.  
Minnesota at Detroit, 7:05 p.m.  
Kansas City at Toronto, 7:07 p.m.  
Texas at Chicago White Sox, 7:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

Table with 4 columns: Team, W, L, Pct, GB. Rows include Washington, New York, Atlanta, Miami, Philadelphia.

CENTRAL DIVISION

Table with 4 columns: Team, W, L, Pct, GB. Rows include Cincinnati, Pittsburgh, St. Louis, Milwaukee, Houston, Chicago.

WEST DIVISION

Table with 4 columns: Team, W, L, Pct, GB. Rows include San Francisco, Los Angeles, Arizona, Colorado, San Diego.

Monday's results

Houston at Pittsburgh  
Chicago Cubs at Atlanta  
Miami at Milwaukee  
Colorado at St. Louis  
San Diego at Arizona  
Cincinnati at L.A. Dodgers

Sunday's results

Chicago Cubs 3 Houston 0  
L.A. Dodgers 8 N.Y. Mets 3  
Miami 5 Philadelphia 2  
Milwaukee 2 Arizona 1  
San Diego 2 Colorado 0  
San Francisco 4 Cincinnati 3  
St. Louis 5 Pittsburgh 4  
Washington 8 Atlanta 4

Saturday's results

Atlanta 7 Washington 5  
Chicago Cubs 3 Houston 2  
Cincinnati 2 San Francisco 1  
Miami 3 Philadelphia 2  
Milwaukee 10 Arizona 2  
N.Y. Mets 5 L.A. Dodgers 0  
Pittsburgh 7 St. Louis 3  
San Diego 8 Colorado 4

Tuesday's Games — All Times Eastern

Miami (A.Sanchez 4-6) at Milwaukee (Estrada 0-3), 4:10 p.m.  
Chicago Cubs (Lincecum 3-8) at Washington (Zimmermann 4-6), 6:35 p.m.  
Houston (Harrell 7-6) at Pittsburgh (Burnett 9-2), 7:05 p.m.  
Chicago Cubs (Volstad 0-6) at Atlanta (Jurjens 1-2), 7:10 p.m.  
Philadelphia (Worley 4-4) at N.Y. Mets (Niese 6-3), 7:10 p.m.  
Colorado (Francis 1-1) at St. Louis (J.Kelly 1-0), 8:15 p.m.  
San Diego (Casher 3-3) at Arizona (Bauer 0-0), 9:40 p.m.  
Cincinnati (Cueto 9-4) at L.A. Dodgers (Capuano 9-3), 10:10 p.m.  
Wednesday's games  
San Francisco at Washington, 11:05 a.m.  
Philadelphia at N.Y. Mets, 1:10 p.m.  
Houston at Pittsburgh, 1:35 p.m.  
Miami at Milwaukee, 4:10 p.m.  
Chicago Cubs at Atlanta, 7:10 p.m.  
Colorado at St. Louis, 7:15 p.m.  
Cincinnati at L.A. Dodgers, 9:10 p.m.  
San Diego at Arizona, 9:40 p.m.

GOLF

PGA FEDEXCUP STANDINGS

Through July 1  
(all figures in U.S. dollars)

Table with 3 columns: Rank, Player, Points—Money YTD. Rows include Tiger Woods, Jason Dufner, Hunter Mahan, Bubba Watson, Matt Kuchar, Zach Johnson, Rory Mclroy, Phil Mickelson, Webb Simpson, Carl Pettersson, Rickie Fowler, Justin Rose, Johnson Wagner, Luke Donald, Kyle Stanley, Jim Huh, Jim Furyk, Bo Van Pelt, Marc Wilson, Marc Leishman, Dustin Johnson, Bill Haas, Ben Curtis, Keegan Bradley, Steve Stricker, Martin Laird, Brandt Snedeker, Robert Garrigus, Graeme McDowell, Ernie Els, Ben Crane, Kevin Na, Charlie Wi, San Rollins, Ryan Palmer, Spencer Levin, Lee Westwood, Louis Oosthuizen, Brian Davis, D.O. D.A. Points, Brendon de Jonge, Jonathan Byrd, Matt Every, Michael Thompson.

WIMBLEDON

At London

Table with 3 columns: Round, Player, Score. Rows include Men's results, Singles — Fourth Round, Doubles — Second Round, Third Round, Women's results, Singles — Fourth Round.

TENNIS

WIMBLEDON

At London

Table with 3 columns: Round, Player, Score. Rows include Men's results, Singles — Fourth Round, Doubles — Second Round, Third Round, Women's results, Singles — Fourth Round.

CFL

EAST DIVISION

Table with 8 columns: Team, GP, W, L, T, PF, PA, Pt. Rows include Winnipeg, Hamilton, Toronto, Montreal.

WEST DIVISION

Table with 8 columns: Team, GP, W, L, T, PF, PA, Pt. Rows include Saskatchewan, Calgary, B.C., Edmonton.

WEEK ONE

Sunday's result  
Calgary 38 Montreal 10  
Saturday's result  
Edmonton 19 Toronto 15

Friday's results

B.C. 33 Winnipeg 16  
Saskatchewan 43 Hamilton 16

WEEK TWO

All Times Eastern  
Friday's games  
Winnipeg at Montreal, 7 p.m.  
Hamilton at B.C., 10 p.m.

Saturday, July 7  
Calgary at Toronto, 3 p.m.  
Sunday, July 8  
Edmonton at Saskatchewan, 7 p.m.

SOCCER

EURO 2012

Sunday's result

CHAMPIONSHIP  
Sunday's game  
At Kiev, Ukraine  
Spain 4 Italy 0

MLS

EASTERN CONFERENCE

Table with 8 columns: Team, GP, W, L, T, GF, GA, Pt. Rows include D.C. United, New York, Kansas City, Chicago, Columbus, Houston, New England, Montreal, Philadelphia, Toronto.

WESTERN CONFERENCE

Table with 8 columns: Team, GP, W, L, T, GF, GA, Pt. Rows include San Jose, Real Salt Lake, Vancouver, Seattle, Colorado, Los Angeles, Chivas USA, Portland, Dallas.

Note: Three points for a win, one for a tie.  
Saturday's results  
New York 1 Toronto 1  
D.C. United 3 Montreal 0  
Seattle 2 New England 2  
Houston 2 Philadelphia 1  
Colorado 3 Portland 0  
San Jose 4 Los Angeles 3

Tuesday's games — All Times Eastern  
Chicago at Houston, 8:30 p.m.  
San Jose at Portland, 8:30 p.m.  
Wednesday's games  
Kansas City at Montreal, 7 p.m.  
Toronto at Dallas, 9 p.m.  
Vancouver at Colorado, 9:30 p.m.  
Seattle at Real Salt Lake, 10 p.m.  
Philadelphia at Los Angeles, 10:30 p.m.

BASKETBALL

WOMEN'S OLYMPIC QUALIFYING

At Ankara, Turkey  
Sunday's final  
(winner earns final berth for London)  
Canada 71 Japan 63  
Saturday's results  
Semifinals  
Canada 58 Argentina 41  
Japan 79 South Korea 51

AUTO RACING

NASCAR SPRINT CUP

Through June 30  
1. Matt Kenseth, 633 points; 2. Dale Earnhardt Jr., 622; 3. Jimmie Johnson, 610; 4. Greg Biffle, 608; 5. (tie), Denny Hamlin and Kevin Harvick, 565; 7. Clint Bowyer, 557; 8. Martin Truex Jr., 556; 9. Tony Stewart, 545; 10. Brad Keselowski, 537.

CYCLING

TOUR DE FRANCE

At Seraing, Belgium  
Leading results Monday from the second stage of the Tour de France, a 207.5-kilometre ride from Vise to Tournai with one easy climb midway:  
1. Mark Cavendish, Britain, Sky ProCycling, four hours, 56 minutes, 59 seconds; 2. Andre Greipel, Germany, Lotto Belisol, same time; 3. Matthew Harley Goss, Australia, Orica GreenEdge, same time; 4. Tom Veelers, Netherlands, Argos-Shimano, same time; 5. Alessandro Petacchi, Italy, Lampre-ISD, same time; 6. Peter Sagan, Slovakia, Liquigas-Cannondale, same time; 7. Yauheni Hutarovich, Belarus, FDJ-Big Mat, same time; 8. Juan Jose Haedo, Argentina, Team Saxo Bank-Tinkoff Bank, same time; 9. Mark Renshaw, Australia, Rabobank, same time; 10. Tyler Farrar, U.S., Garmin-Sharp-Barracuda, same time.  
11. Jose Joaquin Rojas, Spain, Movistar, same time; 12. Sebastien Hinault, France, France, AG2R La Mondiale, same time; 13. Peter Velits, Slovakia, Omega Pharma-Quick-Step, same time; 14. Kenny Robert van Hummel, Netherlands, Vacansoleil-DCM, same time; 15. Yukiya Arashiro, Japan, Team Europcar, same time; 16. Oscar Freire, Spain, Katusha, same time; 17. Borut Bozic, Slovenia, Astana, same time; 18. Bernhard Eisel, Austria, Sky ProCycling, same time; 19. Edvald Boasson Hagen, Norway, Sky ProCycling, same time; 20. Koen de Kort, Netherlands, Argos-Shimano, same time.

OVERALL STANDINGS (after second stage)

Table with 3 columns: Rank, Player, Points. Rows include Fabian Cancellara, Bradley Wiggins, Sylvain Chavanel, Omega Pharma-QuickStep, Tejay Van Garderen, BMC Racing, Edvald Boasson Hagen, Denis Menchov, Philippe Gilbert, Cadel Evans, Vincenzo Nibali, Liquigas-Cannondale, Andreas Kloeend, RadioShack-Nissan, Bauke Mollema, Rabobank, Maxime Monfort, Belgium, RadioShack-Nissan, Janez Brajkovic, Slovenia, Astana, Maxime Monfort, Cristian Vande Velde, U.S., Garmin-Sharp-Barracuda, Jean-Christophe Fraperaud, AG2R La Mondiale, Marco Marcato, Italy, Vacansoleil-DCM, Vladimir Gusev, Russia, Katusha, Haimar Zubeldia, Spain, RadioShack-Nissan.

TUESDAY'S STAGE: Third stage — 197.0 kilometres starting in Orches and ends in Boulogne-sur-Mer.

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# Could Spain be the best team ever?

**World Cup.** Spain's next task will be to beat Brazil on their own turf in 2014

Spain has taken its place among football's all-time great sides by becoming the first team to defend its European Championship after winning the World Cup. The task, now, is to be remembered as the greatest.

The team will now look ahead to the 2014 World Cup in Brazil to retain its title from two years ago in South Africa. If the Spaniards can do that, it will be virtually impossible to deny them the moniker of best team ever.

On Sunday, Spain thumped Italy 4-0 in the Euro 2012 final to secure an unprecedented third straight major title for a European team. The riveting

**Quoted**

**"What we do is difficult, but we make it look easy. It wasn't a walk in the park."**

Goalkeeper and captain Iker Casillas

display was the most lopsided scoreline produced by any winner of a European or World Cup final.

"The bar has been set very high," midfielder Xavi Hernandez said. "The expectations are high. Now everyone will expect us to always triumph, and it's better that way. Before it was more difficult."

The Spaniards improved with every game of a month-long tournament in which they were at times criticized for being boring for playing possession-based football and starting some matches with six midfielders instead of a recognized striker.

Spain certainly has done an impressive job of winning since Luis Aragones' side won Euro 2008 with flair, and his replacement Vicente del Bosque has stayed true to Spain's "tiki taka" — or quick-touch and free-flowing — style. Del Bosque became just the second coach to win European and world titles. Although the Spaniards didn't always roll in the goals in Poland and Ukraine, they have showed the maturity, patience and confidence of veteran champions.

The former Real Madrid coach was criticized for relying on attacking midfielders like Xavi, Andres Iniesta, David Silva and Cesc Fabregas. All four



Spain's Fernando Torres celebrates scoring his side's third goal during the Euro 2012 final in Kyiv, Ukraine, Sunday. MATTHIAS SCHRADER/THE ASSOCIATED PRESS

players were involved in nearly each of the four goals Sunday.

Since the European Championship triumph in Vienna four years ago, Spain became the first team to win 15 straight competitive fixtures and matched Brazil's record 35-game unbeaten run from the 1990s. Spain finished qualify-

ing for the last two major tournaments perfect and are currently unbeaten in 20 straight official games. Spain's next task will be its biggest test as it will have to win in 2014 in Brazil, a nation that has won five World Cups and produced arguably the greatest national team ever.

**MLS**

**Koevermans  
player of the week**

Toronto FC forward Danny Koevermans is Major League Soccer's player of the week after scoring two goals in two games.

The Dutch striker scored his first in the 78th minute of Toronto's 3-0 win over the Montreal Impact last Wednesday, then again on Saturday as in a draw with the New York Red Bulls 1-1.

THE CANADIAN PRESS



Danny Koevermans  
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**MISCELLANEOUS**

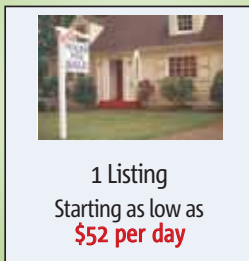
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**Across**

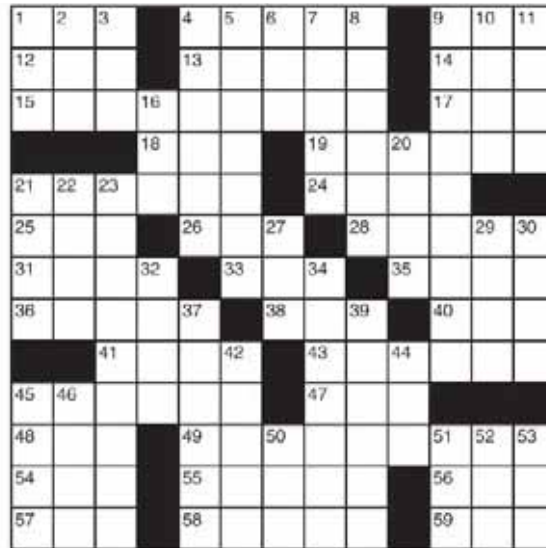
- 1 Take the prize
- 4 Conversations
- 9 Gear tooth
- 12 Hubbub
- 13 Embankment
- 14 Mine matter
- 15 Obese
- 17 Hastened
- 18 Choice (Abbr.)
- 19 Fastener shot from a gun
- 21 On top of the world?
- 24 Ticklish Muppet
- 25 Bill and —
- 26 Kvetch
- 28 Bizarre
- 31 Throw hard
- 33 Pitch
- 35 Red-tag event
- 36 Washington Nationals, once
- 38 Jewel
- 40 Aviv preceder
- 41 Curved molding
- 43 Antics
- 45 Seoul man?
- 47 Call-day link
- 48 Lawyers' org.
- 49 Blood cell
- 54 Up to
- 55 Yellow-brown color
- 56 Plead
- 57 41-Across' shape

58 “— Line Is It Anyway?”

59 Droop

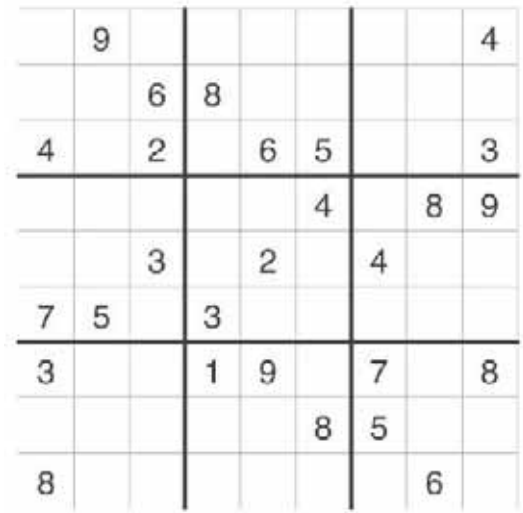
**Down**

- 1 Servicewoman
- 2 “— not choose to run”
- 3 Neither partner
- 4 Tip off
- 5 Witch
- 6 St.
- 7 Nervous
- 8 Make a compromise
- 9 Related to big business
- 10 Verbal
- 11 Kelly or Hackman
- 16 Calif. winter hrs.
- 20 Iowa city
- 21 Liniment target
- 22 Sauce thickener
- 23 Sarges' subordinates
- 27 Joke
- 29 Robert of “The Sopranos”
- 30 Morays
- 32 Theater box
- 34 Cookbook collection
- 37 Dugong
- 39 Ripen
- 42 Tennyson's “— Arden”



- 44 Faux —
- 45 Shakespeare's shrew
- 46 Kimono sashes
- 50 Pi follower

- 51 Couric's network
- 52 Meadow
- 53 Early bird?



**How to play**

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

**Yesterday's Sudoku**



**Friday's Crossword**



**Cryptoquip**

**How to play**

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SNKV ZEAK JYKGEQKVP FFYCV  
 IKAPFK NHVLYD. DCH XELNP  
 GHJJCGK NEG MFZCYEPK  
 MCCO\_SFG\_F IHYY-EPC.  
 Yesterday's Cryptoquip: WHEN PEOPLE HAVE  
 TO TRIM DOWN A FEW ENVELOPES, COULD  
 THEY USE A PAIR OF MAIL CLIPPERS?  
 Today's Cryptoquip Clue: F equals A



For today's crossword answers and for expanded horoscopes, go to metronews.ca

**Today** 31°/20° Thundershowers 70%  
**Wednesday** 33°/21° Partly cloudy  
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**Horoscope**

**♈ Aries | March 21 - April 20.**

You need to be more emotionally open with those you live, work and do business with, but not so open that you reveal all your secrets.

**♉ Taurus | April 21 - May 21.**

The amount of time and effort that has gone into your attempts to change a habit could have been used for more productive ends.

**♊ Gemini | May 22 - June 20.**

Mars, planet of ego and energy, moves into the most dynamic area of your chart today and soon you will be feeling on top of the world again — which is where you belong.

**♋ Cancer | June 21 - July 22.**

Today's cosmic activity urges you to put negative thoughts behind you and believe that your life is everything it could be and more. Positive thinking is a powerful force.

**♌ Leo | July 23 - Aug. 22.**

The next few days will be extremely busy for you, especially socially where you will be in demand like never before.

**♍ Virgo | Aug. 23 - Sept. 22.**

As Mars moves out of your birth sign today your confidence may dip a little, but it's no big deal. Focus on what you own and are earning.

**♎ Libra | Sept. 23 - Oct. 22.**

Mars, the planet that makes things happen, joins Saturn, the planet that stops things from happening, in your birth sign today. But that's OK. You'll find ways to make the combo work.

**♏ Scorpio | Oct. 23 - Nov. 21.**

Some kind of hidden knowledge is about to be revealed to you and if you use it wisely, your existence may well be transformed. There is more to life than meets the eye. Use your inner eye to see with today.

**♐ Sagittarius | Nov. 22 - Dec. 21.**

Group activities will be a lot of fun today and if you play your cards right you will impress some important people too.

**♑ Capricorn | Dec. 22 - Jan. 20.**

New opportunities in your work or career are about to arrive. How you use them is up to you but use them you must. It's a chance to move up.

**♒ Aquarius | Jan. 21 - Feb. 18.**

The past few weeks have been tough but with Mars moving in your favour, better times are about to begin. If you get the chance to travel, take it.

**♓ Pisces | Feb. 19 - March 20.**

Don't let minor setbacks worry you because overall your prospects are amazingly good. Where joint business issues are concerned you must be more willing to take a risk.

SALLY BROMPTON



**Caption Contest**

“Rare ... well done .... and cordon bleu?”  
 David

THE ASSOCIATED PRESS

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